

Table 6. Participant ability to respond independently to mood questions (N = 18).

Characteristic	Participants	
	Pre-intervention	Post-intervention
Calm, n (%)	11 (61)	11 (61)
Sad/Upset, n (%)	10 (56)	10 (56)
Energetic, n (%)	10 (56)	10 (56)
Lonely, n (%)	10 (56)	11 (61)
Worried, n (%)	10 (56)	11 (61)
Curious, n (%)	8 (44)	10 (56)
Tired, n (%)	10 (56)	11 (61)
Adventurous, n (%)	8 (44)	10 (56)